

REMINDERS FOR READINESS

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INTRO

CHALLENGE

The research question is: what are the best health-related texts to send to parents of infants and toddlers to promote healthy early childhood development?

PURPOSE

In Minnesota, the Somali population is growing and they have experienced health, economic, and educational disparities. Thus, allocating resources and research to specifically address some of the health and educational challenges present is critical.

METHODS

I organized and sorted through text messages. The elements covered and examined were the content of the text messages. The text messages, 1024 in total, were altered to fit specific tasks and directions of the communication to the parents.



I examined the current text messaging data base to get a better idea of the content. Then I organized, reviewed, and coded text messages from other projects to see the content analysis of the text messages. The text messages were coded in four categories, "Mother self-care", "Parent-Child Relationship", "Nutrition", and "Child-Health."

FINDING

The importance of text messages to the Somali Community

- 1 **There is no alternative system to text messages, currently, that targets the Somali Population.** Although the Somali population is growing in Minnesota, there have not been an effort to target this community for child development purposes.

Having resources and research to specifically address some of the health and educational challenges present is ever-needed. Considering that there is not another established electronic communication system that could help parents and families, using text messages to promote child development through parenting is unique and inclusive as well for the community as a whole.



The results of this research project, after reviewing and coding the messages, was that the text messages were not ready to be sent out. The examined messages need more careful reconstruction and wording.

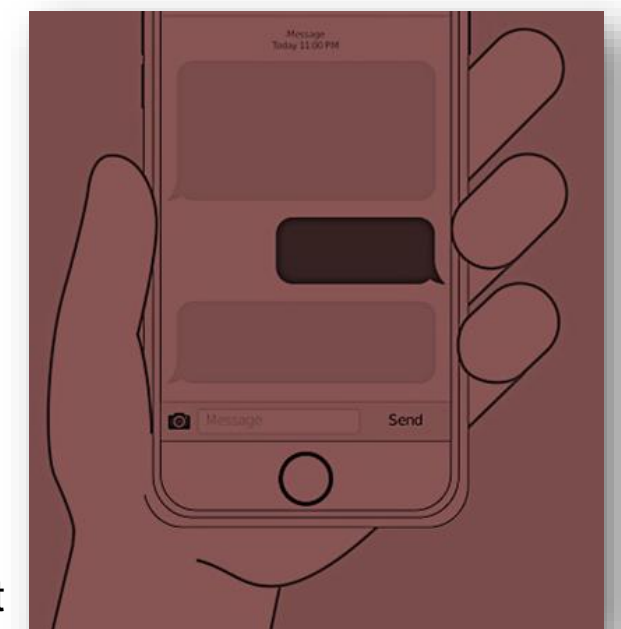
- 2 **Communication and using culturally appropriate language is key.** For example, a text message might be from a place of a great intension, but the Somali parent has to be able to find it useful.

The goal of using text messaging is to further the pursuit of communicating in an innovative and a practical way, especially for this Somali population.

An Example of a text message:

"Respond sensitively to your child's fears. This builds trust and security."
(Parent-Child Relationship)

Having knowledge of the Somali language deciphers whether this text message is culturally relevant. When coding a possible citizenship text message, speaking Somali is critical to this ongoing research. This project didn't produce messages that are ready to be sent to the Somali parents, the project will continue.



IMPLICATION OF DESIGN

The health implications of text messaging in this intervention has a variety of aspects including the learning that can occur from the developmental years of the child.

With further research, the hope is that parents are more aware as their child grows up and they seek more information or guidance on supporting their children's healthy development.